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**2010 MINNESOTA LAKERS
A Winning for Life, 501c3 team
GIRL'S HIGH SCHOOL ADVANCED
TRAVELING TEAM APPLICATION PACKET**



Application Checklist

This application packet and payment holds a tryout spot **ONLY!** All items that appear on this checklist must be mailed together or the application won't be accepted. You can also bring this information to the tryouts BUT please contact us ahead of time to let us know you are coming. Parent/Guardian must sign where required – submitting the application packet does NOT guarantee membership on the 2010 Minnesota Lakers Advanced Traveling Team...it only holds a tryout spot.

**** 2 tryout dates (you MUST come to at least one to be considered for the team):**

- 1) Wednesday February 17, 2010 – 7:00-9:30PM at the Minnetonka HS TonkaDome**
- 2) Sunday March 7, 2010 – 10:30AM – 1:00PM at the Minnetonka HS TonkaDome**
(wear sneakers or cleats! Bring all your lax gear to play, including mouth guards!)

- ☐ Team Application
- ☐ Player Profile
- ☐ Medical and Liability Waiver
- ☐ Player Behavior / Performance Agreement
- ☐ Fundraising/Service/Leadership Training Agreement
- ☐ Photographer's Release Form
- ☐ Copy of US Lacrosse Membership Card, a current US Lacrosse Magazine Label with the Membership # and Expiration Date visible, or a printout from the US Lacrosse web site verifying active US Lacrosse membership.
- ☐ Letter of recommendation from a non-lacrosse sports coach or non-sport activity advisor (referencing the applicant's sportsmanship, leadership, attitude, etc.) – CAN BRING THIS TO TRYOUTS OR MAIL SEPARATE FROM APPLICATION PACKET
- ☐ Copy of Health Insurance Card
- ☐ NON-REFUNDABLE Tryout Fee of \$30 (Check made payable to Winning for Life, 501c3 - Memo Section of the Check: Player's Name and Grad. Year) – helps pay for indoor field space for tryouts
- ☐ Team Fee of \$550 (Separate check from Tryout Fee check - made payable to Winning for Life, 501c3 - Memo Section of the Check: Player's Name and Grad. Year - This Team Fee is NON-REFUNDABLE if the player is selected to the team... the check will be destroyed if the player is not selected to the team. This fee is an estimate of the player's total individual fee to cover team-related expenses such as uniforms, practice space, summer & fall ball leagues, equipment, leadership training, etc. Players will also cover their own travel expenses for the team trips, and be expected to assist with team fundraising.)

MAIL FORMS TO:

**Minnesota Lakers - Tryouts
12698 84th Place North
Maple Grove, MN 55369**

WEBSITE: www.WinningForLifeMN.com / Questions? Dave1991MNPA@yahoo.com

*****You MUST be an active US Lacrosse Member to tryout and play for the 2010 Minnesota Lakers**

2010 MINNESOTA LAKERS GIRL'S HIGH SCHOOL ADVANCED TRAVELING TEAM APPLICATION PACKET

Team Application

US Lacrosse Member # _____ Exp Date: _____

(US Lacrosse Membership REQUIRED to Participate: Enclose copy of US Lacrosse Membership Card, a current US Lacrosse Magazine Label with the Membership # and Expiration Date visible, or a printout from the US Lacrosse web site verifying active US Lacrosse membership.)

Laker team you are trying out for:

- ? Underclass Lakers (classes of 2012 & 2013)
- ? Rising Seniors Lakers (class of 2011)

Date(s) of Tryout I will attend: ? Wednesday 2/17/10 - TonkaDome
? Sunday 3/7/10 - TonkaDome

First Name: _____ Last Name: _____

UNIFORM INFORMATION (Adult Sizes Only): Shirt: _____ Shorts / Kilt: _____

Home #: _____ Cell #: _____ E-mail: _____

Graduation Year: _____ School: _____

Street Address: _____

City, State, Zip: _____

Parents' /Guardians' Names: _____

Contact info for Parents / Guardians (if different than above): _____

Name of Coach (lacrosse or other sport) to be a reference: _____

Coach's Contact info: _____

What other school sports do you play, if any? _____ What months do you play them? _____

What other club (non-school) sports do you play, if any? _____

What months do you play them? _____

PARENTS: Are you willing to help out with the Lakers if needed? ? YES ? NO *(this has no effect on your daughter making the team...we promise!!!)*

If yes, what would you be interested in? ? Fundraising ? Chaperoning ? Videotaping ? Other: _____

Waiver / Release / Agreement

I give my daughter _____ permission to participate with the Minnesota Lakers Advanced Traveling Team. I understand that she will be covered by my own family insurance and may be eligible for supplemental insurance with her US Lacrosse membership. I also understand that by participating in this sport that injury and/or death may occur and do not hold the Minnesota Lakers Advanced Traveling Team or its staff responsible. By signing this I understand that I give the Minnesota Lakers Advanced Traveling Team and its staff the right to release information regarding my daughter during the recruiting process, and at no time has she been guaranteed a scholarship. I understand that the tryout fee is non-refundable, and that the team fee is non-refundable if my daughter is selected to the team. I agree that if my daughter is selected to the Minnesota Lakers Advanced Traveling Team that she will not try out or play for any other traveling lacrosse team in 2010 (her school NSLA/MSHSL team and all-star teams that are created to travel to single tournaments like the USL National Tournament are exceptions). Further, I agree that if my daughter is selected to the Minnesota Lakers Advanced Traveling Team that she will not attend any lacrosse event with another team if the Minnesota Lakers will also be attending the event.

Parent/Guardian Signature

Print Parent/Guardian Name _____

Date

Player Signature

Print Player Name

Date

**2010 MINNESOTA LAKERS GIRL'S HIGH SCHOOL
ADVANCED TRAVELING TEAM APPLICATION PACKET**
Player Profile (complete as much as possible)

GRADUATION YEAR: _____ HIGH SCHOOL: _____

PERSONAL INFORMATION

Name: _____
Home Telephone #: _____ Cell #: _____
Date of Birth: _____ Height: _____
Address: _____
City, State & Zip: _____
Parent's Names: _____
Player's E-Mail: _____ Parent's E-Mail: _____
Emergency Contact: (name) _____
Relationship: _____ Telephone #: _____

ACADEMIC INFORMATION

Class Rank: _____ Class #: _____ Class Standing: _____
GPA: _____ Weighted: _____ Unweighted: _____
PSAT Score: _____ Verbal: _____ Math: _____
SAT Scores: _____ Verbal: _____ Math: _____
ACT Score: _____

LACROSSE INFORMATION

Years Played: _____ Positions Played: _____
Dominant Hand: _____ Non-Dominant hand: _____
Times (00:00): Mile Run: _____ 100 Yard: _____ 40 Yard: _____
School Stats (if available):
9th Grade - Games: _____ Goals: _____ Assists: _____ Save % (goalies) _____
10th Grade - Games: _____ Goals: _____ Assists: _____ Save % (goalies) _____
11th Grade - Games: _____ Goals: _____ Assists: _____ Save % (goalies) _____
Lax Awards / Honors: _____

OTHER INTERESTS & ACTIVITIES (attach additional sheets or resume if more space needed)
(e.g., Jobs, Community, Student Gov., Sports, Church, Hobbies): _____

I/We the parent(s)/guardian(s) of _____ give Winning for Life, 501c3 and the Minnesota Lakers Advanced Traveling Team permission to post, publish & distribute the above information for the purposes of college exposure. This in no way guarantees or implies future college placement, scholarships and/or college coach visits and/or discussions.

Parent/Guardian Name

Parent/Guardian Signature

Date

**2010 MINNESOTA LAKERS GIRL'S HIGH SCHOOL
ADVANCED TRAVELING TEAM APPLICATION PACKET**
Medical and Liability Waiver

Name of Player: _____

Date of Birth: _____

My daughter has my permission to participate in the following sport: LACROSSE

Parent / Guardian Name: _____

Address: _____

Home #: _____ Work #: _____ Cell #: _____

In case of emergency, contact: _____

Relationship: _____

Address: _____

Home #: _____ Work #: _____ Cell #: _____

Personal Medical Coverage (*please enclose copy of Health Insurance Card*):

Insurance Co: _____ ID Number: _____

Physician: _____ Phone #: _____

Allergies or special conditions: _____

Player & Parent Consent and Agreement / Liability Waiver

1. **Acceptance of Participation:** I give my consent and approval for the above named child to play lacrosse in association with Winning for Life, 501c3 and the Minnesota Lakers Advanced Traveling Team. I certify that she is an active member of US Lacrosse (as a player) and will remain so.
2. **Readiness to Compete:** I believe my child is physically and psychologically prepared to compete in lacrosse events.
3. **Medical Attention:** I hereby give my consent to Winning for Life, 501c3 and the Minnesota Lakers Advanced Traveling Team to provide through medical staff of its choice, transportation and emergency medical services as warranted in the course of my child's participation in lacrosse events.
4. **Waiver and Release:** I am fully aware and appreciate the risks, including the risk of catastrophic injury, paralysis and even death, as well as other damages and losses, associated with participation in a lacrosse event. I further agree on behalf of myself, my child, my heirs and personal representatives, that Winning for Life, 501c3, the Minnesota Lakers Advanced Traveling Team, Lacrosse Connections, LLC, host facilities, along with coaches, volunteers, employees, agents, officers and directors of these organizations, shall not be liable for any injury, loss of life or other loss or damage occurring as a result of my child's participation with the Minnesota Lakers Advanced Traveling Team.
5. **Approved Equipment:** I hereby certify that all equipment (including goggles, goalie helmets, lacrosse sticks, pads and all other gear) used by my child while participating with the Minnesota Lakers Advanced Traveling Team meets the standards required by US Lacrosse.

Parent/Guardian Signature

Print Parent/Guardian Name

Date

Player Signature

Print Player Name

Date

**2010 MINNESOTA LAKERS GIRL'S HIGH SCHOOL
ADVANCED TRAVELING TEAM APPLICATION PACKET**
Player Behavior / Performance Agreement

All players who are selected to play with the Minnesota Lakers Advanced Traveling Team will be expected to positively support their teammates and coaches. The players on the team will be representing not only themselves, but also their family, team sponsors, and coaches. All players must behave in a positive manner while at all team games, practices & functions, and during all travel with the team.

The Minnesota Lakers Advanced Traveling Team will have zero tolerance with players for the following while players are at team games, practices & functions, and during all travel with the team:

- Alcohol use
- Tobacco use
- Illegal drug use
- Unsportsmanlike on-field and off-field conduct
- Curfew violations
- Other illegal activities

If a player is found to have violated any of the above, the Winning for Life, 501c3 and Minnesota Lakers Advanced Traveling Team staff has the right to send the player home at the player's / parents' / guardians' expense.

Additionally, if a player is found to have violated any of the above, the Winning for Life, 501c3 and Minnesota Lakers Advanced Traveling Team staff has the right to remove the player from the Minnesota Lakers Advanced Traveling Team. If this occurs, no refunds will be provided to the player, parents, or guardians.

By signing, we acknowledge that we understand these rules and will comply with them.

Parent/Guardian Signature

Print Parent/Guardian Name

Date

Player Signature

Print Player Name

Date

**2010 MINNESOTA LAKERS GIRL'S HIGH SCHOOL
ADVANCED TRAVELING TEAM APPLICATION PACKET**
Fundraising/Service/Leadership Training Agreement

All players who are selected to play with the Minnesota Lakers Advanced Traveling Team will be expected to participate in team & individual fundraising. Each player on the team will have a goal of raising at least \$200. Additionally, all players must participate in service projects and classroom leadership training.

By signing, we acknowledge that we understand these rules and will comply with them.

Parent/Guardian Signature

Print Parent/Guardian Name

Date

Player Signature

Print Player Name

Date

**2010 MINNESOTA LAKERS GIRL'S HIGH SCHOOL
ADVANCED TRAVELING TEAM APPLICATION PACKET**
Photographer's Release Form

I, _____, (parent/guardian) give Winning for Life, 501c3 and the Minnesota Lakers Advanced Traveling Team and its agents permission to use photograph(s) taken of my daughter _____, for specific use on its web site and in promotional materials.

I understand the photograph(s) may be used in all forms of media including, but not limited to, digital media, portfolios, articles and promotional material for Winning for Life, 501c3 and the Minnesota Lakers Advanced Traveling Team.

I understand the photographs include e-mailed files and/or actual photographs submitted to Winning for Life, 501c3 and the Minnesota Lakers Advanced Traveling Team through the U.S. Postal Service or the Internet.

I give permission for my daughter's name to be used in conjunction with the photographs. I have the exclusive right to give permission for the use and publication of these photos.

In giving my consent, I hereby release and hold harmless Winning for Life, 501c3 and the Minnesota Lakers Advanced Traveling Team and its agents from any and all responsibility or liability.

Parent / Guardian Signature

Parent / Guardian Name

Date

Street Address

City, State Zip

Phone Number

E-mail Address

**2010 MINNESOTA LAKERS GIRL'S HIGH SCHOOL
ADVANCED TRAVELING TEAM APPLICATION PACKET**
Estimate of Team & Player Fees

Per Player Cost Estimates – Team Portion of Fees

| | |
|----------------------------------|-------|
| Uniforms | \$20 |
| Equipment | \$30 |
| Practice Space | \$175 |
| Summer League Fee | \$85 |
| Leadership Training Materials | \$30 |
| Team Meeting Space | \$30 |
| Team Web Site | \$25 |
| Winning for Life Misc. Costs | \$60 |
| Team Photographer / Videographer | \$50 |
| Fall League Fee | \$45 |
| Total | \$550 |

NOTE: The \$550 team fee will be due at tryouts and will be non-refundable for players who are selected to the team.

Per Player Cost Estimates – Individual Portion of Fees

The team will take approximately 5 trips to play tournaments out-of-state...each tournament will cost approx. \$300-\$700 for each player attending. For example if the team plays in a regional tournament the team will bus there and the cost will be on the lower end of the scale. An east coast tournament will be on the higher end, etc. Each player that attends will be required to pay for their travel costs for that tournament. The Lakers will likely take an international trip in 2010 to play European teams that will be an option for players as well, and we anticipate the cost for this trip will be higher. Families will be able to pick & choose tournament options that fit their schedule & economic situation.

NOTE: The team will travel & lodge together and group travel / accommodations will be coordinated by the Minnesota Lakers staff..players will need to pay for their portion as the tournaments get closer.

*** These fees are ESTIMATES only!!! They will change and players may end up paying more or less than these amounts!!!

*** Using frequent flyer miles to cover player flight costs may be an option.

*** NOTE: ALL players who are selected for the team are required to assist with team fundraising...we have an individual player fundraising goal of \$200 each...

**2010 MINNESOTA LAKERS GIRL'S HIGH SCHOOL
ADVANCED TRAVELING TEAM APPLICATION PACKET**
Frequently Asked Questions

Q - What is this Minnesota Lakers High School Advanced Traveling Team I keep hearing about?

A – It is the first-of-its-kind Minnesota Advanced Traveling Girl's Lacrosse Team for high school girls. The team will represent Minnesota at various out-of-state select tournaments and play advanced local teams. The team will practice & compete during the summer & fall months after the spring NSLA & MSHSL seasons have finished. The team is intended to provide high-level game opportunities for players in order to improve their skills and hopefully get them seen by college coaches. The team's Co-Head Coaches are Janet Holdsworth (Head Coach, University of Minnesota Women's Lacrosse Team & former Head Coach, Hopkins High School Girl's Lacrosse Team) and Anne Moelk (Head Coach, Wayzata High School, and former NCAA college coach).

Q – I see the Lakers are a Winning for Life, 501c3 team? What is Winning for Life, 501c3??

A – *Winning for Life (WFL) is a 501c3 non-profit organization dedicated to developing positive leadership and life skills through sports. The nascent organization strives to foster the knowledge and skills needed to create a legacy of positive leadership for individuals and programs where integrity, sportsmanship and competition are all valued consistently over time.*

The guiding philosophy, serving as the stabilizing foundation for WFL, is that leadership can be learned through sports experiences that can, in turn, positively influence other aspects of life. Specifically, personal leadership can be learned with quality direction, guidance and knowledge from mentors and can be further cultivated and sustained through increased self-awareness, courage and willingness by individuals.

WFL coaches and staff believe in a three-prong approach to developing well-rounded student athletes: 1) providing highly competitive lacrosse experiences; 2) offering leadership training and development; and 3) serving the community.

Q – Who are the other coaches in the WFL program?

A – In addition to the Lakers Co-Head Coaches Jan & Anne, there are several other WFL coaches that may visit the Lakers or travel with the team, including Maria Slusser & Beth Lyman (Co-Head Coaches of the Minnesota Storm youth team), and Erin Searcy Larson & Megan Thomas (Co-Head Coaches of the new rising 5th-6th grade WFL team). Also, other Lakers assistant coaches will volunteer as needed, including but not limited to Emily Gray (Asst. Coach, University of Minnesota & Wayzata High School), Erin Kelly, Kathryn Knippenberg (Head Coach, Academy of Holy Angels), and June Wheeler (Goalie Coach, University of Minnesota & Breck).

Q – So...this team is not ONLY about Lacrosse?

A – In addition to improving your lacrosse skills and playing against top competition from across the country, Lakers players will receive mentoring, leadership training, and will take part in community service projects.

Q – Does the team have a cool name?

A – Yes! The team is called the *Minnesota Lakers*. The players from the inaugural team selected this team name in 2007 while at the Vail Shootout.

Q – Do I have to be a member of US Lacrosse to tryout and be on the team? Why?

A – Yes. All players **must** be active US Lacrosse members to tryout and play on the team. This will serve as your insurance and most tournaments / leagues require you to be members. Go to www.lacrosse.org/membership to join.

Q - Who is eligible to play on the Laker teams?

A – Minnesota players currently in 9th - 11th grade will be eligible to tryout, as these players will be in 10th – 12th grade for the 2010-11 school year.

Q - I see there are two tryout dates. Can I try out twice?

A – Yes you can, but you will need to pay the \$30 tryout admin fee both times if you do. You only NEED to try out once.

Q - How much will all this cost if I make the team?

A – About \$550 + \$550 or so for each tournament you attend. See the previous page for a more detailed breakout.

Q – That’s a lot of money. Is there any way to reduce the cost?

A – Our hope is that the team players / parents will be able to fundraise sufficiently in order to reduce the overall cost, although we cannot promise this will happen. In 2007, for example, the team’s trip to a Chicago tournament was almost fully covered by funds raised through fundraising. Kathryn Knippenberg, WFL’s Director of Fundraising, will help players and families raise funds toward their trip expenses.

Q – Will all players who make the team get equal playing time in games?

A – Players will earn playing time through commitment (i.e. attendance), hard work, skill, conditioning, and positive attitude. Equal playing time is NOT guaranteed.

Q – If I played for the Minnesota Storm youth traveling team this past year, will I automatically make the Minnesota Lakers?

A – We cannot promise that. The Lakers team is separate from the Storm.

Q – I see there are 2 Lakers teams...can you explain more?

A –WFL is expanding at the high school level to offer an underclass and rising seniors team so that even more advanced lacrosse opportunities can be made available to Minnesota players. We will make every attempt to enter two high school Lakers teams into each tournament we participate in. All Lakers players will travel, practice, do community service, and move through leadership training together.

Q – Does the team do anything official together aside from games & practices?

A – Yes! The team will participate in some leadership training sessions, fundraising, and volunteer work! Plus we have team get-togethers. WFL has a Director of Community Service (Emily Gray) who works closely with People Serving People and Second Harvest Heartland to provide the teams opportunities to serve the local community.

Q - What tournaments will the team play in?

A – The team will likely play in 3-4 official recruiting tournaments, plus 1-2 other tournaments. The team will travel abroad to England & Ireland to play European teams in the Summer of 2010. Also the team will play together as a group in an advanced summer league and fall league on Sundays against experienced college and older players. In total the team will likely play approx. 20-40 official games together.

Q – What teams will we play at these tournaments? Will we be competitive with all-stars from other areas of the country?

A – The 2009 team played games against teams from states such as Maryland, Pennsylvania, Colorado, California, Illinois, Virginia, Connecticut, New York and Florida. The 2009 team made history and qualified for the Gold division at the Vail Shootout and was very competitive at several recruiting tournaments. The Lakers have had a winning record in every year of play against teams from across the country and Minnesota!

Q – How often will the team practice? When will the practices be?

A – The team will practice approximately once a week in the summer and more often immediately prior to tournaments. An exact schedule will be set once the team is selected and facility space is secured.

Q – I see I need to provide a letter of recommendation as part of the tryout packet. Can you give me some direction on this?

A – This letter should come from a coach of a sport you participate in (other than lacrosse!) or an advisor, director, leader, etc. of a non-sport related club or activity that you participate in. The letter should address your character, sportsmanship, leadership, etc. This letter of recommendation can be sent after you send in your application or be brought to tryouts. We recommend you send in the rest of your application and send/bring the letter of recommendation later.

Q - Do my parents have to travel to these tournaments with me?

A – No...but we'd really like to have them come if they are willing! Keeping track of 20+ high school girls is a big task! Plus we could really use their help with videotaping the games, driving vans, etc. It's fun to have families travel with us!

Q - What are the coaches looking for in tryouts, skill-wise?

A - Coach Jan & Coach Ann make the following recommendations for players who are planning on trying out for the team:

- * Be conditioned – distance and speed!
- * Be able to play dominant and non-dominant (cradling, catching and throwing)
- * Be a hard worker;
- * Be open to learning new things
- * Be a team player, and
- * Have a great attitude!

Q - I see the team will probably be going to 3-4 out-of-state tournaments and playing together in fall & summer leagues. What happens if I can't go to a tournament due to another commitment?

A – Tournaments will be offered to players in a cafeteria style where they can select the ones they would like to attend. If enough players sign up we will field 2 Lakers teams; if not we will field one combined Lakers team. Our hope is that every player on the team will go to several tournaments.

Q – Do I need to be an All-State player to try out?

A – Definitely not! We are looking to field a skilled team of players but you do not need to have any special awards or recognitions to make the team. Even if you do not make the team this year, the tryouts themselves should be a fun experience for you...you'll get to meet and play alongside some of the better players around...

Q - If I make the team, will I definitely get a scholarship to college for lacrosse?

A – We can't make any promises about college scholarships...sorry! But Coach Jan & Coach Anne will help you with your college search process every step of the way if you want them involved.

Q – I'm currently in 9th grade. If I try out and make the team, will I still need to try out the next year?

A – Unless there are overriding circumstances, once you make the team you will generally continue to have a spot until you graduate from high school, if both you and the team coaches think it is a good fit.

Q – I made the Lakers last year...do I still need to complete this really long application?

A – Yes...we need to get your updated 2010 team application, but you will not need to *officially* try out. However, you MUST attend a tryout session and participate in the try out.

Q – I will be coming to tryouts. Where are they located?

Both tryouts will take place at the Minnetonka High School TonkaDome (their football field)...

Directions: From the intersection of 494 and Hwy 7, take Hwy 7 west 2.5 miles-turn south (left) on County Road 101; at second stoplight, turn right; on Excelsior Boulevard, which leads on to Delton Avenue. The high school will be on your left. Enter the high school parking lot and go to your right...the TonkaDome is below the high school to the right...